



Photo by Todd Berenger

Indoor pool swimming instructor, Crystal Nedom, explains safety rules to students in the Little Dippers Class. The class is designed for students, 3-5 who are just learning to swim. Swimming lessons are open for enrollment through the summer. Morning lessons are Tuesdays and Thursdays every half hour, 8-10 a.m. The afternoon lessons are Tuesdays and Thursdays, 4:30 and 5 p.m. The next

morning session is June 16-26 and the afternoon is July 8-31. Lessons are designed for students at various swim levels. A parent tot class is for children under 3, Little Dippers is for beginning swimmers, and Beginner I, II and III are for children with various on ability levels. An advanced beginner class is also offered for children wishing to hone their swimming skills. To register for swim lessons, call 846-5485

### Chapel sponsors sports challenge

A TEAM KIRTLAND sports challenge is June 20, 7:30 a.m.-3 p.m. The event gives squadrons a chance to compete against each other in various events to determine a base champion. Events include a 5K fun run at 7:30 a.m.,

at the west side of Youth Programs and a golf challenge, 8 a.m., Tijeras Arroyo Golf Course. Events from 9 a.m.-noon are volleyball, Bicentennial Park; basketball, East Fitness Center; bowling, Kirtland Lanes; softball, Schwebke Field; Tug of

War, 1-3 p.m., Bicentennial Park.

Ten points are awarded for first place winners, five for second place and two points for third. Everyone participating in the fun run earns two points for their team. Awards are handed out at 3 p.m. at Bicentennial Park.

### Varsity softball tryouts

Tryouts are open for the men's and women's varsity softball teams.

For more information on the men's team, call John Gonzales, 846-5522.

For more information on the women's team, call Greg Kayton, 853-5988.

### Tae kwon do classes

Grandmaster Yong Kim teaches classes at the East Fitness Center, Mondays and Wednesdays, 6:15-7:10 p.m. and 7:15-8:30 p.m. Cost is \$45.00 a month.

Call 846-1102.

### Isotopes games

Outdoor Recreation holds trips to see the Albuquerque Isotopes home games.

Cost for the trips is \$15 a person. This includes game ticket and transportation to game.

Games are **June 12**, vs. Oklahoma and **June 24**, vs. Edmonton

Call 846-1499.

# SPORTS

## Father's Day Fun Run

A Fathers Day 5K fun run is **June 20**. The run starts at the intersection of G Street and Pennsylvania Street. All participants begin at 9 a.m.

Call 846-1102.

## Junior Golf Program

A golf program for children, 6 and over is at Tijeras Arroyo Golf Course, **June 16-20**, 10:30 a.m.-noon. Cost is \$40.

Sign up at Youth Programs and bring an extra pair of socks in case you get a hole in one.

## Handball club: just play, no pay

Join the Fitness Center Handball Club: no initiation fees, no dues, no meetings, only competitive handball.

Courts 2 and 5 are reserved 11 a.m.-1 p.m.

Call Bob Sanchez, 846-2454.

## Big Guns Club begins phase 2

East Fitness Center begins phase 2 of the Big Guns Club.

To qualify, men must be able to do 50 military style dips, shoulder press body weight and preacher curl 65 percent of body weight.

Women must be able to shoulder press 50 percent of body weight, do 25 military style dips and preacher curl 35 percent of body weight.

Call Staff Sgt. Barbara Dixon at 846-1102.

## Towel distribution

The East Fitness Center changes its towel distribution procedures.

Due to excessive towel theft, towels will no longer be available in the locker rooms. Instead, they can be picked up at the front desk. If you need more than one small and one large towel, you are encouraged to bring a personal towel from home.

## Fitness holds cycling program

The East Fitness Center holds the cycling program, "Go for the ride of your life." You can win T-shirts, caps, towels and water bottles.

Mileage forms can be picked up at the East Fitness Center.

Call 846-1068.

## Fitness Center has "Run for your life"

The East Fitness Center holds the "Run For Your Life" program.

Participants are authorized 3 miles a day.

Once they hit 250 miles, they are awarded a patch, after 500 miles a T-shirt, 1000 miles a jacket, and after 2000 miles a jogging suit.

Call Staff Sgt. Barbara Dixon at 846-1102.

## Fitness center adds aerobics class

The East Fitness Center is adding a Step & Sculpt Aerobic class on Fridays at 5 p.m.

Call Staff Sgt. Barbara Dixon at 846-1074.

## Lunch Crunch

The East Fitness Center adds The Lunch Crunch, a lunch time class **Tuesdays** and **Thursdays** at noon. The hour long class will focus on abs, thighs and glutes. Using resistance balls, resistance bands and hand weights, students will learn low, medium and high impact floor work.

Call Staff Sgt. Barbara Dixon at 846-1074.

## Intramural Golf League

### NATIONAL LEAGUE STANDINGS

TEAM	TOTAL POINTS
1t. 551 SOS	24
1t. AFRL #2	24
3. 58 AMXS #1	20
4t. 58 AMXS #2	19
4t. NAG	19
6. 58 MXS #1	17
7t. 377 ABW #2	16
7t. AFOTEC #2	16
9. 377 SFS	15
10. 550 SOS	14
11. DET 12 (dirty dozen)	12
12. CPATA	8

### AMERICAN LEAGUE STANDINGS

TEAM	TOTAL POINTS
1t. 377 ABW #1	24
1t. 377 LRS	24
3. AFOTEC #1	23
4. 58 MOS	17
5. DET 4	16
6. AFRL #1	15
7. DTRA	13
8. ASC/TM	12
9t. 377 MED GRP	6
9t. SVS	6
11. 58 MXS #2	0